

# Meet Vayu - Lord of the Wind (Vayu = wind)

As the title of this program (CHILD OF PRANA) suggests - most of our time will be spent either a) in pursuit OR b) management of PRANA.

Universal Prana is like an ocean - supporting life of anything that is in it (including our own). And, like the ocean, Prana has currents - each with its own direction, location, function and capacities. Prana is never static - always moving, always changing and shifting - it is RAJASIC. As previously discussed - RAJAS is the force of CHANGE, we use RAJAS to move between TAMAS and SATTVA. Guess what else is highly mobile? VATA Dosh (air + space).

Each dosha has subsets, so does VATA Dosh - 5 subsets: apana, samana, prana, vyana, udana. These subsets of Vata Dosh are called VAYUS = winds. More precisely, Prana Vayus = pranic winds. Wind is what moves. Wind is Rajasic. Prana is rajasic. All of yoga is about skillful use of Rajas (or Energy Management) to get where we want to go. And Prana, being the force of mobility, is our medium. So, to create the change we want to see in our life, we will be working with Vayus (=winds) - 5 pranic currents, learning their ways of movement, function, location in the body and how to access them to achieve our goals and objectives.

But first, a little inspiration from Vedic lore about VAYU DEV - Lord of the Wind and presiding force over movements of Prana.

## The Vedas uphold Vayu, Lord of the Wind, as source of life breath (prana) and sustainer of life in the body.



In Vedic lore wind symbolizes soul, divinity, breath, strength, one of 5 elements (air), storms and tempests, messenger, swiftness, auspiciousness, perfume, speed, cleansing and transformative power, a plane of consciousness, the mid-region, direction, sickness, spirit possession, and ritual purity.

The Vedas extol Vayu, the god of wind as the lord of the mid-region. The region between the earth and the sky is called the mid-region (antariksha). In human body it is the breath body (thoracic cavity: lungs, heart, ribcage, diaphragm). Vayu as the breath in the body is superior to all other gods since the body cannot be alive without him.

In the body the wind represents breath, life and consciousness. The vital (organic) body is also domain of Vayu - and, as the lord of the organs he protects the body from impurities, death, and evil influences. Wind also symbolizes freedom, modifications of the mind (*vruttis*), fate, the subtle body (*pranamaya kosha*), the invisible and formless Self, illness, and bad spirits. People believe that a person may fall sick or become deluded because of bad wind (evil spirit).

As the god of purity and strength, he carries away all impurities and evil presences and keeps the world and all beings free from them. By purifying their minds and bodies he also protects them from illness and imparts to them vigor and strength.

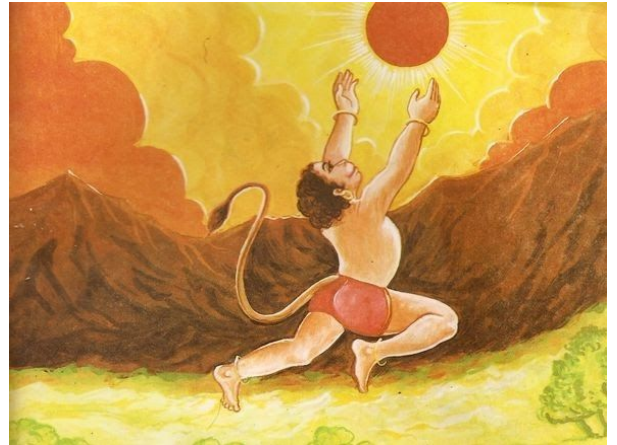
Vayu is propitiated with Soma (healing essence of plants), which he is very fond of. Stories abound of Vayu Dev and his powers. Here are 2 stories we can make use of in our exploration of PRANA:



# Vayu - Father of Hanuman

Vayu is known as the spiritual father of Hanuman, the mighty Warrior and devotee of Lord Rama, who was pivotal in the success of Rama's war on powerful demon Ravana (kidnapper of Rama's wife Sita)...

Once when Hanuman was a small child, he thought of the sun to be a fruit. So, he tried to eat the sun itself. Seeing his actions, the gods got very scared, and thought that he was a demon. Lord Indra, furious with his antics, attacked him with his vajra, the strongest weapon there is. The vajra ended up hitting Hanuman, and he became unconscious and started falling down to the earth.



Just at that moment, Vayu caught Hanuman and carried him to a safe place. Seeing the atrocities done on his son by the gods, Vayu got so angry that he stopped the supply of air and wind in the universe, to avenge his son. This resulted in animals and humans both getting suffocated, and on the brink of death. The gods, being helpless in this situation, went to Lord Brahma and told him the whole incident.

Brahma, along with the other gods, went to Lord Vayu and requested him to let go of the air supply, so that everyone could breathe again. He also cured Hanuman. Finally, after a lot of persuading, Vayu allowed air to flow in the universe again, and things were back to the way they were. Hanuman was also granted many boons by the various gods present there. He grew up to become the strongest and the most learned in the entire universe, and helped Lord Ram defeat Ravan and win back his wife Sita. Sometimes, Hanuman is also known as Vayuputra (Vayu's son)



# VAYU - Winner of “Most Important” Contest

Once all the gods who control bodily functions took part in a competition to determine who among them was the strongest and most important.

One by one all the deities left the body of man, but he continued to live on. The god of vision left his body, and man became blind. But he continued to live on, even though he couldn't see. The god of hearing left man's body, but he continued to live on. He couldn't hear anything, but still lived.

Finally, when Mukhya Prana, or Lord Vayu started leaving the body, all other gods could feel themselves being uncontrollably being pulled from their respective posts. This made them realize that they could only function properly with the help of Lord Vayu, who supplied the air in the body of man.

Vayu is said to travel with Lord Vishnu (Sustainer of Universe) and his consort, Lord Lakshmi, wherever they used to travel. Vayu, the god of the wind, is extremely important for the sustenance of life, as no life can survive and grow without Lord Vayu's blessings.

